



The Hajj and the Second Surge!

Saudi Aramco employees come together to meet the increased demand of the last stage of Hajj season.

See pages 9-11

**A Prince’s Praise
iThra Knowledge
Program inaugurated**



HRH Prince Saud bin Naif bin Abdulaziz, who was welcomed by Saudi Aramco to officially inaugurate the always-popular iThra Knowledge Program, has words of high praise for the event and its mission to help educate and inform.

See more on pages 4 & 5

■ HRH Prince Saud bin Naif receives from Khalid A. Al-Falih “Hegra,” a photo book about the ancient Nabataens in Mada’in Salih. The prince this week visited the iThra Knowledge program.

Photo: Hatim Oweida/MPD

New Board of Directors meets



Photo: Hatim Oweida/MPD

■ Saudi Aramco’s new Board of Directors came for their first meeting in Dhahran last week. Seated, from left to right, are HE Dr. Majid Al-Moneef, HE Dr. Mohammed I. Al-Suwaiyel, HE Dr. Ibrahim A. Al-Assaf, HE Ali I. Al-Naimi, Khalid A. Al-Falih, HE Dr. Khaled S. Al-Sultan. Standing, from left to right, are Abdulaziz F. Al-Khayyal, Peter Woicke, Sir Mark Moody-Stuart, Andrew Gould, Amin H. Nasser, Salim S. Al-Aydh.

See more on page 3



Coming Event

ChemIndex 2013: The event is scheduled Nov. 2-6 at the Gulf Hotel in Manama, Bahrain. Visit <http://www.chemindex.org/> for more information about Conference Registration and call for abstracts. **Facebook:** Chemindex 2013. **Twitter:** @Chemindex 2013.

OPEC Basket Weekly Price trend for the Past five weeks:

Friday, September 27, 2013 — **\$106.33**
 Friday, October 4, 2013 — **\$105.98**
 Friday, October 11, 2013 — **\$107.32**
 Friday, October 18, 2013 — **\$107.28**
 Friday, October 25, 2013 — **\$106.08**

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Photo: Moayed Al-Qattan/MPD

■ Representatives of four airline partners gather with members of Saudi Aramco's Global Logistics Division for a photograph after signing a new "Leisure Travel Program" agreement, which will give employees a chance to purchase discounted airline tickets.

GTS signing to bring bargains

SCOTT BALDAUF

DLAHHRAN — On Oct. 29, Saudi Aramco's Global Logistics Division (GLD) launched a new Leisure Travel Program that will give employees a chance to purchase discounted airline tickets from select airline partners.

The new program — which will be available to all Saudi Aramco employees and their dependents — is the result of a new agreement signed on Oct. 29 by Saudi Aramco and four major partner airlines. Discussions are underway with other airlines, as well.

"For years, one of the chief functions of the GLD has been negotiating discounted rates for Saudi Aramco corporate travel," says Adel I. Azman, superintendent of Global Logistics Division. "Now we are looking for ways to identify services that can benefit employees personally when they take vacations or travel abroad. We are very excited to turn this idea into a reality."

"We at GLD are always trying to find new initiatives that give added value to employees," adds Nizar A. Abdulfattah, air and marine traffic planner at GLD. "GLD wanted to utilize our leverage at Saudi Aramco in a way that can add to

"GLD wanted to utilize our leverage at Saudi Aramco in a way that can add to the quality of life for employees and their dependents."

— Nizar A. Abdulfattah
 air and marine traffic planner

the quality of life for employees and their dependents."

The GLD does more than book air tickets, of course. It is the company's go-to office for quality global logistics services, including the movement and customs clearance of company materials and the transport of company personnel.

"This is only phase one," says Abdulfattah. "We are trying to give airlines a feel for the volume our employees will create once they start utilizing our discounted rates. We expect that when airlines realize how much traffic volume Saudi Aramco will create, other airlines

will want to participate. We will then expand the program to include those airlines and negotiate better rates for following years."

To build awareness about the program, GLD and representatives of the airlines will visit eight Saudi Aramco sites to inform employees about the new services and how to participate, starting with Dhahran on

Nov. 10. Other sites on the GLD road show include: Abqaiq on Nov. 13; Ras Tanura on Nov. 14; 'Udhailiyah on Nov. 17; Mubarratz on Nov. 18; Yanbu' on Nov. 24; Jiddah on Nov. 25; and Riyadh on Nov. 26.

The airlines will have information about the program, including instructions on how to book discounted tickets on their company websites.

For any questions and clarifications, visit GLD's website on ShareK: https://sharek.aramco.com.sa/orgs/30001956/30001963/Pages/GLD_Home.aspx.

Your Voice

Learn the 5 C's of good email protocol

The primary way we communicate at work today is via email. Experts note that email can help you get work done more quickly and that there are skills in writing good emails.

An ineffective email, on the other hand, can create more work for the readers. Therefore, it is important to follow the steps set out by experts on the principles of the 5 C's: Capture attention, Contextual, Clear and Concise, Concrete suggestions and Courteous.

• **Captures attention:** Write targeted subject lines, and get to the point early. Subject lines are important because people often have many emails in their inbox. Experts say subject lines should give the reader a quick idea of what the email is about because most can only see the first six words in the preview panel. Guide words such as "Response needed," "Help please" or "FYI" are sometimes helpful.



Husin Sitepu
 Ras Tanura
sitepuhx@aramco.com

• **Contextual:** Always provide context, and do not assume the reader knows or remembers it. Experts note that people are busy thinking about their own work, so you should not assume the reader knows the context of your email even if you just spoke to him/her about it a few minutes ago. Always summarize the context of the email. Provide background information, even attachments, if needed.

• **Clear and Concise:** Provide information that can be clearly understood, and keep it short. Experts say most people think their email is clear, but the reader doesn't always receive it that way. Before sending, it can be helpful if you request help from your colleague to read it and ask him if it is clear. Only include information that is needed so that the email will be short. Receiving a long email can be daunting, and the recipient may skip it or postpone it. Experts say if you have more than one issue, you should send them in separate emails.

• **Concrete suggestions:** Avoid open-ended questions; instead, offer potential response options. Do your homework to make your email easy for the reader to respond, especially if the recipient is a busy person. Recipients require less time to decide if you offer options instead of asking an open-ended question. For example, don't ask "Can you suggest a time

frame of when we can meet up with vendor A?" Instead, ask, "Would any of the following times (on Monday in the either first week or second week or third week of next month) work for you to meet with Client A?" It does not matter if all three options do not work; the recipient is more likely to offer an alternative in response.

• **Courteous:** Make it personal. Experts say an email should start and end with some courteous words. It makes the email personal and increases the likelihood of response. You might need to address the person by his first name at the beginning. Then, you can start with a sentence either "It was great to see you today" or "Hope your week is going well." End your email with greetings such as "With best regards" or "Thank you for your time," and then sign your name.

Your Voice reflects the thoughts and opinions of the writer and not necessarily those of the publication.

New Board of Directors meets in Dhahran

DHAHRAN — Saudi Aramco's new Board of Directors held its inaugural meeting at the company's headquarters Oct. 22. The new Board is chaired by HE Ali I. Al-Naimi and has the following members: HE Dr. Ibrahim A. Al-Assaf; HE Dr. Mohammed I. Al-Suwaiyel; HE Dr. Khaled S. Al-Sultan; HE Dr. Majid A. Al-Moneef; Sir Mark Moody-Stuart; Peter Woicke; Andrew F.J. Gould; Khalid A. Al-Falih; Abdulaziz F. Al-Khayyal; Salim S. Al-Aydh; and Amin H. Nasser.

In a briefing with the company's senior management, president and CEO Khalid A. Al-Falih said, "The chairman during his opening remarks noted that the board has always played a crucial and effective role in the company's governance, and it continues to have the trust and confidence of the Custodian of the Two Holy Mosques.

"Vision, agility, prudent decision making and able execution by a dynamic management team, supported and guided by a strong and engaged Board, is more essential today than at any time during our 80 year history," Al-Falih told the new board in his welcoming remarks at a dinner reception. "I look forward to working with each member of the Board during this new term as I always have in the past. And under the continued wise leadership of our chairman, I look forward to our journey ahead as, together, we strive to achieve the ambitious goals that we have set for our company and our beloved nation."

Al-Falih also praised the company's management for past great successes. "The hard work, dedication and selfless service of the management team have made the ambitions of the company a reality in the past, and I know they will do so again," he said.

During the Board's time in Dhahran they visited a number of the Company's organizations including Wa'ed, SAEV, Aramco Trading Company and the Cyber Security Monitoring Center, in addition to the newly commissioned Communication Data Center. The Board also heard a number of reports detailing the company's achievements, its continuing commitment to safety, environmental stewardship and operational excellence, as well as its vision for transforming the company into a global leader in energy



Photos: Ali Al-Ahsaei/MPD



■ Mitham Al-Jashi, right, an entrepreneur and owner of a paper products and packaging company called Taghleef, demonstrates his company's products to the Saudi Aramco Board of Directors during their recent visit. Al-Jashi is one of several Saudi entrepreneurs who have participated in the company's Wa'ed program, receiving training, technical support, funding and financial planning support from Saudi Aramco trainers. Left, board member Andrew Gould poses a question about the Wa'ed program.

and petrochemicals.

From its inception 80 years ago, the company has worked to embed safety as a core value in everything it does, Al-Falih said. The company strives to build safety into the behavior not only of Saudi Aramco employees but also the behavior and practices of the company's contractors and partners. This safety culture will become even more important over time, Al-Falih said, as Saudi Aramco increases the scale of its operations and ventures into new businesses such as petrochemicals and unconventional gas.

Similarly, Saudi Aramco has main-

tained an impressive record in environmental stewardship. At its meeting, the board heard a presentation showing positive trends in the reduction of emissions for air, water and waste. Al-Falih told the board that the company would remain committed to its responsibility as an environmental steward, both within the Kingdom and with its expanding joint ventures here at home and abroad.

The board also heard a presentation on Operational Excellence, one of the company's key initiatives under the Accelerated Transformation Program. This initiative works to integrate industry best

practices in reliability, efficiency and cost effectiveness, while also striving for the highest standards in health, safety and environmental stewardship.

Finally, the compensation committee approved the creation of a new position of chief technology officer and confirmed the selection of Dr. Charles T. Kresge, the former vice president for Research and Development at Dow Chemicals, to head up a newly created organization. Al-Falih announced that the Technology Oversight and Support Organization that is headed by the chief technology officer will report directly to the president and CEO.

Charles Kresge named Chief Technology Officer

DHAHRAN — Saudi Aramco has appointed Dr. Charles T. Kresge as its Chief Technology Officer, with the goal of further strengthening its R&D function turning it into a research powerhouse.

Kresge will head up a newly created organization, Technology Oversight and Coordination, which will report directly to the President and CEO.

The new office is a key initiative in the company's Accelerated Transformation Program, recommended by its R&D Strategy Team. Saudi Aramco's vision is to become one of the world's leading creators of hydrocarbon, chemicals, renewable and related energy technologies by the year 2020. This transformation will not only provide a spectacular boost to Saudi Aramco's business, but it will also serve as a catalyst for a thriving research sector and a vibrant Saudi knowledge economy.



Charles Kresge

Kresge brings to the company more than 30 years of experience in the fields of exploratory materials and catalytic research for refining and petrochemical processes. He is widely known for his research on the discovery, characterization and commercial application of mesoporous materials. He holds

over 100 patents and has over 50 scientific publications including the highly regarded scientific journals *Nature* and *The Journal of the American Chemical Society*.

Prior to joining Saudi Aramco, Dr. Kresge was the vice president of Research and Development at Dow Chemical and is a member of the National Academy of Engineering of the US National Academies. His research has led to numerous awards and honors, including: the Donald W. Breck Award (1994), the Thomas Alva Edison Patent Award (2008), and election to the U.S. National Academy of Engineering (2007).

In his new position as CTO, Kresge will facilitate the company making a quantum leap in R&D and technology, essential to achieving the ATP vision. Kresge will offer strategic advice on long-term innovation and the optimal use of technology. By working with human resources departments to

create policies that attract and retain world-class scientific talent, the CTO's office will help foster a world-class R&D culture that will make Saudi Aramco and Saudi Arabia the world's dominant force in energy for decades to come.

The CTO's office will also promote coordination and synergy among Saudi Aramco's R&D functions, including its own research centers in the Kingdom, its eight satellite research and development centers in China, France, Aberdeen, Delft (Holland), Detroit, Houston, and Cambridge, Massachusetts, as well as its strategic alliances with premier partners in the corporate and academic worlds in the Kingdom and abroad.

The CTO will also be responsible for oversight of the technology venture capital aspects of Saudi Aramco Energy Venture (SAEV) and champion the capturing of intellectual property (IP) assets, as well as supporting the advancement of

the Kingdom's R&D agenda, among many other critical roles.

While the CTO will primarily focus on corporate needs, he will also be the point person for advancing the company's broader vision for strengthening the Kingdom's research capacity, with the goal of supporting the creation of a knowledge economy. He will support commercialization and in-Kingdom manufacturing of suitable technologies created by the company. He will coordinate corporate efforts to establish R&D centers of excellence in the Kingdom. He will support the promotion of high-quality education, especially in STEM (Science, Technology, Engineering and Mathematics) disciplines in the Kingdom. And he will promote an R&D and entrepreneurship ecosystem in the Kingdom, which has the potential to create well-paying jobs, generate economic growth and promote economic diversification.



■ HRH Prince Saud bin Naif, Eastern Province Governor, took time to hear presentations at the Energy Pavilion (center), the Traffic Safety exhibit (right), and listened to a full overview of the program while meeting with Khalid A. Al-Falih, Saudi Aramco president and CEO.

A prince, a program, a passion for knowledge

When HRH Prince Saud bin Naif bin Abdulaziz, the Governor of the Eastern Province, visited Dhahran this week to inaugurate the iThra Knowledge Program, he praised the Saudi Aramco-sponsored event for its success in achieving a mission to educate people of all ages.

DHAHRAN — HRH Prince Saud bin Naif, Eastern Province Governor, on Sunday officially launched the Saudi Aramco iThra Knowledge program, one of the King Abdulaziz Center for World Culture's initiatives.

HRH Prince Saud was impressed by the program, saying that it was a boon to the Kingdom's cultural and educational activities. He added that Saudi Aramco has proven its leadership in the Saudi community and that the success of the program was in line with the company's leadership in developing the Kingdom's human resources and its oil fields.

Prince Saud also left a note in the program's guest book. "I was happy to visit the iThra Knowledge Program that Saudi Aramco put together for the benefit of future generations in all areas of knowledge. It really is a thorough educational program that offers information and knowledge that everybody can benefit from, big and small, and it delivers that information through the best tools available," he said. "I thank Saudi Aramco for all the great things they do to serve the community, with my wishes to them for continued success."

The Prince said he was happy to see young Saudis at the program and was very appreciative of the 500 men and women who volunteered more than 100,000 hours to the program. The volunteers represent half of the manpower behind the program, and HRH Prince Saud said they were a bright example of Saudi youth's generosity when serving their communities and country.

Khalid A. Al-Falih, company president and CEO, welcomed Prince Saud and expressed his gratitude, on behalf of the company's employees, for the honor of the prince's visit. He mentioned that the center launched the iThra Youth Initiative last year, which strives to reach 2 million Saudi youth by 2020.

The initiative recently received the prestigious World Innovation Summit for Education (WISE) award.

Al-Falih said that the iThra Knowledge program that Prince Saud inaugurated is one of the company's

■ HRH Prince Saud bin Naif, Eastern Province Governor, officially inaugurates the 2013 iThra Knowledge program, eliciting a smiles from Khalid A. Al-Falih, president and CEO of Saudi Aramco.



إشراء المعرفة
برنامج أرامكو السعودية
للإثراء المعرفي



Photos: Hatim B. Oweida/MPD

■ HRH Prince Saud bin Naif, left, and Khalid A. Al-Falih, view a work by Picasso at the Centre Pompidou tent during a tour of the iThra Knowledge program in Dhahran. The prince officially launched the event, which will conclude Nov. 28.



Photo: Ali Al-Ahsaei/MPD

■ HRH Prince Saud signs the guestbook during his visit to Saudi Aramco's iThra Knowledge Program in Dhahran.

main corporate social responsibility initiatives, covering four main arenas, including economy, knowledge, community and the environment. The company has great ambitions in developing Saudi youth, he said, and is participating in transforming the Kingdom into a knowledge-economy. He expressed a desire for the next world-changing invention to come from Saudi soil.

During his visit, Prince Saud listened to a description of the program and toured the exhibitions. He saw the Centre Pompidou's Mobile Art Exhibit, which includes 20 masterpieces that will be displayed in the King-

dom for the first time; the 101 Inventions that Changed the World exhibit; photos from the iRead reading festival that was launched in August in partnership with the Ministry of Education; and the Ibn Haitham exhibition. He also attended a Chinese martial arts performance in the theater.

The iThra Knowledge Program began receiving Saudi students on Oct. 22, and expects to host more than 30,000 students in the Eastern Province.

The iThra Knowledge Program runs daily from 5-10 p.m. across the street from the Industrial Training Center until Nov. 28.

"I was happy to visit the iThra Knowledge Program that Saudi Aramco put together for the benefit of future generations in all areas of knowledge. It really is a thorough educational program that offers information and knowledge that everybody can benefit from, big and small, and it delivers that information through the best tools available. I thank Saudi Aramco for all the great things they do to serve the community, with my wishes to them for continued success."

— Prince Saud bin Naif bin Abdulaziz

Kultgen: Education key to maintaining talent pipeline

HEATHER O'CONNOR
AUSTIN, Texas — In a keynote address at the University of Texas (UT) Law School, Saudi Aramco's general counsel, David Kultgen, took the audience on a journey from his earliest days with the company, the twists and turns he has seen during his 40-year law career, and how a commitment to education not only contributed to his success but is also a hallmark of Saudi Aramco.

Kultgen spoke at a scholarship fund-raising event at his alma mater that honored Ernest E. Smith, a fixture of the UT Law faculty for 50 years and one of Kultgen's former professors. Smith, an internationally known scholar in oil-and-gas law, is credited with turning out some of the U.S.'s finest energy lawyers.

Kultgen described Saudi Aramco's evolution during the company's 80-year history, starting in 1933 and extending through today with the challenges and opportunities presented by the Accelerated Transformation Program (ATP). He

drew attention to the company's position as the largest producer and exporter of crude oil and long standing commitment to reliably supplying the world with energy.

With respect to the ATP, he talked about the company's plans to expand its downstream refining business, become a major player in the chemicals business, substantially increase its investment in technology, develop the Kingdom's unconventional gas resources and promote research and investment in renewables, including solar energy. He then focused on a subject of special interest to the audience: the implications of this growth on Saudi Aramco's legal organization.

According to Kultgen, Saudi Aramco's Law Department is rapidly evolving to keep pace with the company's growth strategy and has recruited experienced lawyers with specialties in mergers and acquisitions, intellectual property, international tax law, construction law, litigation, trading and more.

In tandem with the company-

wide programs to create a talent pipeline, Kultgen described his department's ramp-up of law school sponsorships for young talented Saudi employees who are interested in a career in law. It's just as important, he cautioned, to create opportunities as it is to prepare the corporate systems to receive them and benefit from that talent, and his organization is restructuring itself, along with its processes and professional development and performance management systems as a result.

Setting the foundation for success is a clear priority for Kultgen — as it was for Ernest Smith, the professor he was honoring — and as Saudi Aramco's general counsel drew to the conclusion of his keynote, he circled back to his early days as a UT law student and how he ended up where he is today. "I came to law school with no connection or real knowledge of the oil business beyond that afforded by my Texas heritage and upbringing," he said, "and my experience



■ Saudi Aramco's David Kultgen, in a keynote address at the University of Texas Law School, noted the company's commitment to education.

here of which Ernest Smith and other UT law professors was such an important part that equipped me with the skills and the intellectual curiosity to take full advantage afforded me by the man who interviewed and convinced me to join Aramco in the spring of 1973: Bill Owen."

Owen served as Saudi Aramco's second general counsel and had a similar take as Kultgen on the critical role of education in success. "Bill respected the quality of the education more than a particular background in a discipline

or field," Kultgen said, "and his regard for the University of Texas Law School and its graduates are what started me on this highly fulfilling career.

"It's a career I have found immensely challenging, enriching and personally rewarding, and I thank you, Ernest, for what you and the UT Law faculty have done for people like me and everyone else in this room."

The event raised funds for an endowment for scholarships in energy law. UT ranks in the top 25 law schools in the United States.

Company participates in U.S.-Saudi business forum

JUDI OTTMAN
LOS ANGELES — Opportunities are stronger than ever for those interested in becoming a part of Saudi Aramco's "story of growth."

The third annual U.S.-Saudi Business Opportunities Forum, held recently in Los Angeles, Calif., provided a platform for Saudi Aramco and Aramco Services Co. (ASC) representatives to talk with U.S. business leaders about these opportunities — which included establishing operations in Saudi Arabia in support of Saudi Aramco's key initiatives.

The three-day event brought together more than 1,000 attendees from the United States and Saudi Arabia. It was jointly organized by the U.S.-Saudi Arabian Business Council, the Committee for International Trade and the Saudi-U.S. Trade Group under the patronage of the Saudi Ministry of Commerce and Industry, as well as the U.S. Department of Commerce.

Saudi Aramco served as a major sponsor.

Growth and opportunities

Munir Rafie, vice president of Saudi Aramco Materials Supply, participated in a panel session titled "Business Opportunities in the Oil and Gas Sectors." He talked about the company's history, current production capabilities and its ambitious goals to transform into a fully integrated, global energy and chemicals enterprise.

Now is the time, he told listeners, "for new businesses and investors to take part in our story of growth."

He went on to say that these opportunities will arise as Saudi Aramco moves forward to invest tens of billions of dollars in oil, gas and petrochemicals during the next five years. Investments

are not only in new crude oil increments but also in major projects in natural gas production, refining, petrochemicals and residential communities.

"What Saudi Aramco plans to do will create direct opportunities for contracts with manufacturers and suppliers," he said, "as well as indirect opportunities fostered through downstream industries."

He emphasized that the company is focused on increasing the share of business channeled through local manufacturers. "Those who make the first move into the Saudi marketplace," he said, "will have tremendous advantages and be well-positioned to share in our success."

Rafie touched on a range of industry-related manufacturing investment opportunities in Saudi Arabia. He noted, in particular, that investors could take advantage of a substantial market need for the production of pipe and structural steel.

The market also saw a need for investment in the production of columns, vessels, exchangers, valves, compressors, pumps, turbines, chemicals, drilling fluid, inhibitors, instrumentation and electrical manufacturing.

Additionally, Rafie said, "opportunities abound" on the service side, including equipment installation, commissioning and maintenance. He also said new business ventures are available in the areas of logistics, information technology, engineering, safety and more.

He concluded by saying that both Saudi Aramco and Saudi Arabia offer a "business friendly environment for investors," adding that investment support organizations "stand ready" to assist those who are interested in pursuing partnerships.



■ Munir Rafie, second from left, participates in a panel discussion during the forum. He talked about the abundance of opportunities available for those interested in doing business with Saudi Aramco.

Other panelists gave presentations about their company's experiences doing business with Saudi Aramco within the Kingdom. They provided an operational overview and also talked about the strong business ties that have been established. The companies represented were Baker Hughes, Flowserve Corporation and Cameron. Moderating the panel was Helmy Andrawis, vice president with WorleyParsons.

ASC helps promote business opportunities

Team members from ASC Procurement and Logistics (P&L) staffed the company's exhibit booth and provided information to hundreds of visitors about the process of becoming a registered manufacturer or supplier. They also scheduled about 25 one-on-one appointments with those interested in further discussing localization and plant registrations.

Abdullah Al-Ahmari, manag-



er of ASC P&L, said, "We took this opportunity to interact with a wide range of suppliers and service providers from the Western Hemisphere and provided them with information on how to do business with Saudi Aramco and the requirements to localize business in the Kingdom

of Saudi Arabia."

The company also demonstrated its commitment to social responsibility when ASC staff members responded to an on-site opportunity to donate tote bags and padfolios to three high schools in the area that serve underprivileged students.

■ The ASC Procurement & Logistics team supported the company's presence at the forum. Abdullah Al-Ahmari, right, is pictured with ASC staff members Diana Rocha and Omar Musfy at the exhibit booth.



■ Though it has been part of the company for 20 years, the refurbished Heritage Gallery offers a bright, fresh look after recent enhancements at the facility in Dhahran.

Heritage Gallery reopens in Dhahran

ALISON HOOKER

DHAHRAN — “Twenty Years of History” was celebrated in Dhahran on Oct. 22 with the much awaited formal re-opening of the iconic Community Heritage Gallery.

Abdulaziz F. Al-Khayyal, Saudi Aramco senior vice president of Industrial Relations, attended the opening with Hany Abu Khadra, executive director of Community Services. Abu Khadra marked the official opening with cutting of a special ribbon at the Gallery’s entrance. The two received a warm reception from Community Services management and Gallery staff, followed by a comprehensive presentation about the new developments within the Gallery, given by Gallery acting coordinator Liela Al-Dossary, and a specially tailored guided tour around the new exhibit.

Centrally located between Ibis and 12th streets, the Community Heritage Gallery has proudly served Saudi Aramco for more than 20 years as both a repository and an exhibition arena for historical artifacts and documents relating to the growth, development and achievements of the company, its communities and the Kingdom. Intended to give guests a contemporary, professional “museum” experience, the recent interior and exterior enhancements of the buildings have created a stunning new open concept exhibition space. Al-Dossary noted that the relaxed and friendly surroundings will also “provide a stimulating learning environment allowing for more innovative educational programs.”

Guests will now be able to follow the unfolding of the company’s history through a newly invigorated “Permanent” exhibit that features stories of the early pioneers up to current developments positioning Saudi Aramco as a fully integrated global leader in the energy industry. A new “Community” section traces the growth of the company’s community facilities, services and events.

Guests can also view the special “Twenty Years of His-

tory” temporary exhibit, which offers an updated selection from some of the Gallery’s most popular displays of the past two decades. From “Traditional Costume” to “Shaybah,” the “Journeys of Ibn Battuta” to the “History of Saudi Aramco’s Aviation Department,” guests will enjoy an eclectic overview of some of the best the Gallery has previously offered, reinterpreted in a pleasing contemporary manner.

The Gallery was officially opened on Nov. 10, 1992. Significantly, two centrally located historic houses were chosen and specially renovated for the purpose: Houses 1220 and 1222. These buildings were some of the first residences to have been built in the Dhahran community in 1938. House 1220 was first occupied by Saudi Aramco’s earliest permanent physician, Dr. T.C. Alexander, and his family, and its close proximity to Building 1420, which housed the hospital at that time, meant it was subsequently home to several more senior physicians.

The Gallery expanded into House 1222 in 1997, creating the “Annex” and doubling the available exhibition space. Also at this time, the front garden was developed into an Educational Garden, a role to which it has been returned to in 2013, planted with selections of ornamental, economic, medicinal, culinary and Islamic flora. An interpretive leaflet is available in the Gallery.

Over its 20-year history, the Gallery has clearly defined a role for itself as an important cultural hub for Saudi Aramco employees and their families, and it will continue to offer an enjoyable and informative orientation experience for visitors to the company.

The Gallery is open weekdays from 9 a.m. to 5 p.m. and on Saturdays from 10 a.m. to 5 p.m. Tours are available in English and Arabic. For scheduled tour times or to arrange special group visits, call 872-0458 or email heritagegallery@aramco.com.



Photo: Yara Ziyad/MPD

■ Abdulaziz F. Al-Khayyal listens to the Heritage Gallery’s Cindy Grosch while viewing photos from the company’s photo archive during a tour of the refurbished facility.



■ Big Red is lowered by crane into the garden area of the Saudi Aramco Heritage Gallery.

Crews help move ‘Big Red’ into place

ALISON HOOKER

DHAHRAN — Twelfth Street witnessed an interesting spectacle on Tuesday, Oct. 9, as “Big Red” was moved to its new home.

Big Red is a red 1950 model Dodge Power Wagon, emblazoned with the company logo. This special vehicle was donated to the Community Heritage Gallery by Saudi Aramco’s Riyadh Transportation Services. It was discovered in a junkyard by Abdulmonem S. Al-Maghlouth of Riyadh Transportation, who purchased it, had it refurbished and deeded it to the Heritage Gallery in 1998. Big Red has been featured in many Gallery exhibits over the years, but it remained in storage while the Gallery underwent its recent major renovation.

One of Saudi Aramco’s heavy equipment crane crews had the somewhat challenging task of re-locating Big Red to the recently refurbished courtyard of the Heritage Gallery, a task that involved lifting the icon from 12th street, above the Gallery garden and over the high courtyard wall. The team of Khalid O. Al-Enezi, Foud A. Al Gamdi and Masfer Al Gamdi demonstrated their true professionalism, delivering Big Red safely into position in its new location without incident.

Known as the “workhorses” of the Saudi Aramco fleet, the Dodge Power Wagons were essential tools in the early exploration surveys and field camps of the desert. Usually fitted with DC-3 airplane tires, these heavy-duty pickup trucks were almost unstoppable in loose sand, and, fitted with a winch, were kept busy rescuing other vehicles. From the field camps, sometimes as far as 400 miles away, these trucks would also make monthly round trips to Dhahran for food and replacement parts.

Big Red is featured as part of the new Community Heritage Gallery exhibit, which opened Oct. 22.



Technology top topic at Global Workboats Technology Forum

ABDULWAHAB BOZAID
ABU DHABI — The growing demand for marine offshore support highlights the need for new technologies and practices to cope with the challenging offshore oil and gas operations. Marine Department manager Bader Gouth initiated the Global Workboats Technology Forum (GWTF) to serve the needs of the offshore marine industry and to help overcome the challenges ahead.

The first GWTF was held in Abu Dhabi on Oct. 1 as a part of Seatrade Middle East and Offshore Marine 2013 conference, and it highlighted new technologies and improved methods of operational excellence. It also presented a remarkable array of thought leaders and business innovators discussing topics related to safety, environmental protection, navigation, alternative fuel and other technical advancements in the workboats industry.

The forum also provided a platform to highlight opportunities and incentives for global companies to localize supply chains

and establish strong marine industry in the Kingdom. Hundreds of professionals, representing global industry leaders, attended the forum and benefited from the great networking chance it offered.

The GWTF is the first forum of this magnitude in the region dedicated to new technologies, advancements and fundamentals in the workboat industry.

Vitality of the workboat role

With more than 228 local and international companies participating, HE Dr. Sultan Ahmed Al Jaber, Minister of State in the UAE and chairman of Abu Dhabi Ports Co. (ADPC), inaugurated the conference. Nabil K. Al-Dabal, acting executive director of Industrial Services, attended the event and participated in a discussion panel with a number of officials and executive managers of various companies and establishments.

Al-Dabal said that by 2016, Saudi Aramco will operate 260 owned and chartered vessels with the highest standards of safety, environment stewardship, produc-



Photos: Hatim B. Oweida/MPD

■ HE Dr. Sultan Al-Jaber looks at a visual demonstration of the technical efforts by one of the companies participating in the forum's accompanying exhibition.

tion and profitability. He noted the vital role played by workboats in Saudi Aramco marine operations in the Safaniyah field and at mega-projects under construction, including three terminals on the Red Sea, as well as the company's ambitious operations at Karan, Arabiyah and Hasbah fields.

Technology and expansion

Speaking to *Al-Qafilah Weekly*, Al-Dabal described Saudi Aramco's participation as important. "Marine operations are vital because it interacts with several important activities in the company such as drilling and producing. This conference provides an opportunity to meet with other companies that possess modern service-improving and cost-effective technologies," he said.

Al-Dabal noted that the forum's focus on technology was important to the company as it keeps pace with expansion projects at operations in the Red Sea and Arabian Gulf and the associated

challenges that require the use of these new technologies and suitable boats to perform the various tasks efficiently without adversely impacting the environment.

Dr. Hasan Anbar, superintendent of the Marine Operations Division-Western Region, said that the company has recently implemented a program to gradually replace its operating fleet in its continuing efforts to meet high safety and environmental standards.

Saudi Aramco selected the conference to launch the Global Workboats Technology Forum because it serves as a platform for providing an opportunity to reach the largest number of specialists.

Successful Strategic Partnership

"We are happy by the announcement of this strategic partnership with Saudi Aramco, the world-leading energy producer, to launch this forum. It is a partnership that comes in a time that workboat innovation is pressing

toward fostering opportunity in a highly competitive global market. We are confident that this forum will provide a strong platform to interact with the world decision makers and professionals in this sector," said Chris Hyman, chairman of the Board of Seatrade.

Overcoming future challenges

Badr Gouth, Marine Department manager, said: "Saudi Aramco organized this international forum to meet marine industry needs and help in overcoming future challenges. Increasing demands to support marine department underscore the need for new technologies and practices to enhance safety and reliability to deal with challenges associated with offshore oil and gas exploration." He added, "Being the leader in marine exploration in the region, Saudi Aramco is planning to leverage the success of this forum to support future forums, scheduled to be held every two years."



■ Nabil K. Al-Dabal emphasizes the importance of marine services because they interact with many important activities.

Inspection Department conducts value engineering session

YASER SHAFI

In support of asset reliability and capital program projects' effectiveness, the Inspection Department conducted a two-day value engineering session on Saudi Aramco Engineering Procedure SAEP-347 "Supplying Material from Stockists."

Forty-one representatives participated in the event, including subject matter experts from the Consulting Services Department, Projects and Strategic Purchasing Department and representatives from company-approved local stockists and manufacturers.

The value engineering session was deemed timely to enhance the level of readiness for the company transformation, increasing operating plants and expansion in the capital program and joint venture projects.

Abdulaziz Fallatah, manager of the Inspection Department, emphasized in his opening remarks that asset integrity and reliability has been a prime and strategic objective for Saudi Aramco's Engineering Services and Inspection Department, allowing the company to safely and reliably meet the world's energy needs far into the future. "That is why we shall all bear in mind that material that is procured from stock-



ists won't be treated differently from those procured from manufacturers, in terms of being subjected to company-applicable inspection requirements and in meeting relevant engineering standards and materials specifications," Fallatah said, adding that in both cases, materials will eventually be installed in one of Saudi Aramco's facilities, and any substandard product can lead to an adverse impact on operating facilities'

safety and reliability.

During the value engineering session, a thorough engineering review was conducted focusing on enhancing current engineering and quality management practices to better serve the company supply chain operations and to address issues that have been experienced during procurement of material from stockists, especially by project contractors.

Primary discussion points were related to

the need to optimize current levels of quality control, the imposition of adequate technical limitations considering levels of associated risk, and the evaluation of stockists' testing capabilities.

The results of the event, including more than 120 improvement comments and suggestions, will be evaluated internally to optimally enhance the current version of SAEP-374.

■ More than three dozen representatives took part in a successful two-day value engineering session. Organizers received certificates of appreciation.



A look behind the scenes at Saudi Aramco’s efforts during

HAJJ

As the number of pilgrims to the Holy Sites of Makkah and Medina ramps up during the second surge of Hajj, so does the demand for petroleum products. Saudi Aramco and its employees tackle the challenge of meeting this demand with great zest and pride each year, knowing that their efforts are critical to the Kingdom and pilgrims alike.

■ In addition to the Grand Mosque in Makkah, the Prophet’s Mosque in Medina is considered to be the second holiest mosque in Islam. Seen here, the Prophet’s Mosque was the first institution to be built following the migration of Prophet Muhammad (PBUH) in 622 AD from his birthplace of Makkah. Millions of Muslims visit the Prophet’s Mosque each year.

Medina: Second stop on a challenging journey

By **MISHAL AL-QAHTANI**
Third in a Three-Part Series

Medina is considered the second stop for pilgrims before or after the completion of Hajj. It is a city filled with pilgrims, especially after Hajj season. Because of this, Saudi Aramco diligently provides petroleum products to the province, which includes Prince Mohammed ibn Abdulaziz International Airport and gas stations spread throughout the city and on major highways leading to it. More fuel is also needed for vital facilities that serve pilgrims, such as power generation stations and water desalination plants. Aircraft, vehicles and buses also consume significant amounts of fuel during Hajj season in Makkah, the Holy Sites and Medina, which is one of the main attractions for pilgrims from all around the world who visit the city before or after Hajj season.

From Oct. 19 to Nov. 18 — 31 days — is the second peak period in which Saudi Aramco teams work to provide petroleum products, especially where pilgrims gather and along their transportation and travel routes. Marwan Kayyal, Operations foreman of Saudi Aramco’s Medina Bulk Plant, said his unit — part of the Distribution Operations Department in the Western Province — makes early preparations for Hajj. Its goal is to provide fuel for this important area that is visited by hundreds of thousands of pilgrims during Hajj. “We prepare early and coordinate with Dhahran’s OSPAS and other support organizations to supply Prince Mohammed ibn Abdulaziz Airport with more than 12,000 barrels of jet

Continued on page 10



■ Pilgrims make their way by sea, land and air to the Holy Sites. The Hajj attracts more than 1.3 million pilgrims each year.

Saudi Aramco comes together to meet the challenges of busy Hajj season

Continued from page 9

fuel per day that is consumed during Hajj," he said. The airport is supplied with its fuel needs by Medina, Yanbu' and North Jiddah bulk plants.

"Diesel is also supplied to all gas stations for the buses used in transporting pilgrims to and from Medina during Hajj season," Kayyal said. He emphasized the importance of performing the necessary tests to ensure that these large supplies conform to quality standards. "In addition to quality tests performed at Medina Bulk Plant, samples of Jet A-1 fuel are sent to the main lab in Saudi Aramco's Yanbu' Refinery to ensure that the product meets Saudi Aramco's standards — and to also ensure that the increase in demand does not affect its quality."

A Comprehensive Plan

Preparations for Hajj are undertaken by the Operations Unit and other support units at Medina Bulk Plant, where a comprehensive operations and maintenance plan is implemented. The plan helps the company face the surge of petroleum products through the Yanbu' Refinery pipeline, as well as the storage and distribution of these products according to the approved supply plan for Hajj.

The capacity of Saudi Aramco's Medina Bulk Plant has been increased to meet the expected increase in demand for all petroleum products during Hajj, whether it's an increase in demand at Prince Mohammed ibn Abdulaziz Airport or in the local market. "The average daily truck loading capacity at Medina Bulk Plant is 48,000 bpd, and that can be increased to 60,000 bpd," Kayyal said.

The number of this year's out-of-Kingdom pilgrims was estimated at more than 1.3 million. They came to the Kingdom through 16 air, land and sea ports. Three airports were designated for receiving pilgrims, including King Abdulaziz International Airport in Jiddah, Prince Mohammed ibn Abdulaziz International Airport in Medina and King Fahd International Airport in Dammam, in addition to two sea-ports: Jiddah Islamic Port and Yanbu' Port. Also, 11 land ports were designated for receiving pilgrims, including Salwa, Halat Ammar, Jadidat Arar, Al-Tuwal, Al-Ruq'1, Al-Khadra, Al-Bat'ha, King Fahd Causeway, Al-Haditha, Al-Wadi'aa and Alab.

Saudi Aramco concentrates its efforts on supplying the required quantities of all types of petroleum products used in vari-

ous pilgrim transportation means, in addition to providing fuel to installations and bodies that serve the pilgrims and facilitate their spiritual journey.

Round-the-Clock Effort

The Medina airport is considered one of the most important airports at which thousands of pilgrims arrive each year. Those visiting Prophet Mohammed's (PBUH) Mosque throughout the year also use the airport, which serves the Medina Province. A number of national and international flights arrive at the airport each week. During Hajj, traffic at the airport triples as a greater number of pilgrims and visitors arrive on additional international flights.

The airport, which opened in the early 1970s and underwent a number of development phases, receives 20 to 25 flights per day on two runways. Saudi Aramco supplies the airport facilities with jet fuel through approved companies that fuel aircraft.

Mohammed M. Al-Hindi, local sales representative at Medina Bulk Plant, discussed the efforts made by the Medina Local Sales Office. "We perform a number of daily tasks, and these tasks double during seasons," he said. "We also monitor daily sales of all petroleum products and compare these sales with the already established monthly plans, revise reserved quantities and actual liftings."

"Also, we communicate with customers to facilitate their business and conclude petroleum products sales agreements with customers in the Medina Province and cities. We issue and renew drivers' IDs that allow them to enter the plant's loading facilities, conduct field visits and perform the necessary surveys of all gas stations on a regular basis, especially during seasons such as Hajj."

As for the plans to receive pilgrims arriving in Medina at the start of Hajj or when they mobilize to Medina immediately after the end of Hajj in Makkah, Al-Hindi said, "We prepare early in coordination with the Local Sales Unit in the Western Province in Jiddah and the Medina Bulk Plant to ensure the availability of petroleum products. This year, we ensured the readiness of the five major gas stations near the pilgrims' reception station in Medina, in addition to many gas stations on main highways, where diesel is provided on a 24-hour basis so that the product is readily available to load more than 20,000 buses transporting pilgrims."

Safety, Quality and Reliability

Amid the hard work performed by all departments, divisions and units of Saudi Aramco to supply petroleum products — and despite the fact that local sales and logistics support to transportation, storage and loading operations is provided throughout the year and reaches its peak during Hajj season — the No. 1 priority for Saudi Aramco remains the same: safety. This includes the safety of employees, contractors and those driving trucks loaded with petroleum products, as well as for the company's facilities and installations. In addition, Saudi Aramco strives to ensure that the petroleum products meet its standards in a reliable and continuous manner.

Saudi Aramco's success during Hajj is attributable to preparation, strategic planning and sufficient coordination. Business plans and mechanisms were put in place after needs were clearly defined and a comprehensive study of the status of bulk plants and aircraft fueling units was conducted to ensure their readiness and efficiency.

As for maintenance, revisions have been made in the spare-parts systems for necessary equipment to ensure their availability in large enough quantities. Also, preventative maintenance was scheduled for bulk plants and aircraft fueling units whose operations increase significantly during Hajj. Meanwhile, coordination ensured that the supply of petroleum products to the local market was not affected by Hajj. These efforts help the company maintain a high and safe level of storage for all petroleum products at bulk plants and aircraft fueling unit tanks in the Western Province.

In the next few weeks, the Local Sales and Logistics Department will again coordinate with all concerned Saudi Aramco departments to develop plans for next year's Hajj to ensure continued success. Meetings will be held to discuss this year's performance, to build on the positives, learn from past challenges and plan for the future.

Honor and Pride

Saudi Aramco employees in the Western Province have expressed their pride and honor for working during Hajj to

achieve the success that is added to Saudi Aramco's increasing list of successes that ultimately benefit the Kingdom. They also emphasized that it isn't unusual for the Saudi government to achieve such success, given the magnitude of the services it provides to pilgrims. This is especially true when it comes to its coordination, which ensures pilgrims' movements go smoothly. These employees say they were determined to do their best to ensure that Saudi Aramco's efforts complement efforts made by other government bodies participating in Hajj operations.

Employees of the Pipelines, Distribution and Terminals (PD&T) in the Western Province received a thank you letter from Mohammed A. Al-Omair, vice president of PD&T, thanking them and "all Saudi Aramco employees for their efforts during Hajj season to provide petroleum products in all land, sea and airports," hoping that "such efforts will continue and increase during the coming seasons." He also encouraged employees to "exert more efforts in serving pilgrims and perform this great duty to the best of your abilities, because these successes are a result of collaborative efforts."

Al-Omair noted that "everyone had a team spirit. They were aware of the magnitude of this responsibility and its significant religious weight in trying to seek reward from Allah, especially that they are doing their job for pilgrims in the holiest place on Earth." Al-Omair also stressed that "we must not stop at this success, but we must, starting from now, begin to plan for our future success next season and the coming seasons. We must not rest on our achievements, but rather work hard towards improving our services and achieving more and more success with organized planning."

Also, Saudi Aramco personnel commended the positive cooperation with government and military bodies participating in this year's Hajj, thanking everybody for their tremendous efforts, in addition to the professionalism of all staff at all bulk plants and aircraft fueling units belonging to Saudi Aramco. They stated that this



The Hajj Terminal at Jiddah airport, which was bustling with thousands of pilgrims in the first phase of the Hajj, is now peaceful as pilgrims move on to the second stage of the Hajj in the Holy City of M.



■ By land, by sea and by air, the pilgrims flock to Saudi Arabia’s Western Province each year for Hajj, and each year, Saudi Aramco works exceptionally hard to meet the demand created by their visits.

year’s Hajj season was one of the most successful ever and that their relentless work will continue until the last pilgrim has left Medina. Once again, Saudi Aramco demonstrated its commitment to its role during Hajj season, and supported this role with

professionalism and dedication guided by its values and achieved, through co-operation and coordination, making this year’s Hajj season a successful one.



Medina. Saudi Aramco ensures that the Western Province has all the fuel required to meet the needs of pilgrims during the yearly Hajj season.

Photo: Musleh Khathami/MPD

*Integrated Oil Company of the Year
 *Gas Project of the Year
 *International Collaboration of the Year
 *Young Engineer of the Year Award

Oil and Gas Middle East Awards

Saudi Aramco once again had a strong showing at the Oil and Gas Middle East Awards in Abu Dhabi, collecting four awards for its efforts over the past year.

Saudi Aramco, Dow win for collaboration

Saudi Aramco and joint venture partner Dow Chemical Co. were recipients of the International Collaboration of the Year (2013) award at the fourth annual Oil and Gas Middle East Awards in recognition of their efforts in forming and developing Sadara Chemical Co. (Sadara). The prestigious award honors excellence for Middle East business collaboration in upstream and downstream industries. The award ceremony was hosted in Abu Dhabi, UAE, on Oct. 9.

"We are pleased that the awards' judges have recognized the importance that Sadara holds for not only our two companies but the future economy of the region as a whole," said Abdulrahman F. Al-Wuhaib, Saudi Aramco senior vice president for Downstream and Sadara chairman of the board.

"Sadara embodies Saudi Aramco's vision for ongoing involvement in the downstream petrochemicals industry — a vision that will lead to the creation of a wide range of useful products for our society and numerous employment opportunities," Al-Wuhaib said. "With Sadara, we at Saudi Aramco are dedicated to nurturing a productive environment that will make use of the latest in technology and

innovation and will provide lasting benefits to the Kingdom and beyond."

Sadara is a landmark chemicals project planned to yield more than 3 million metric tons of vital consumer and industrial plastics and specialty chemical products annually. As a major area of future business focus for Saudi Aramco, Sadara will possess robust cracking capabilities, and the company's output will serve rapidly growing markets in energy, transportation, infrastructure and consumer products throughout the Middle East region and beyond. Sadara's fully integrated chemicals complex is currently under construction in Jubail Industrial City II and is scheduled for full operation by 2016.

Sadara will be the largest-ever chemical facility built in a single phase, composed of 26 manufacturing units, making it a truly one-of-a-kind venture. It is anticipated that the presence of Sadara will lead to thousands of new Saudi jobs in the coming years.

In addition to its recognition for Best International Collaboration, Saudi Aramco also netted separate awards for Integrated Oil Company of the Year, Gas Project of the Year (Karan Gas Project) and Young Engineer of the Year.



■ Currently under construction, the Sadara refinery in Jubail Industrial City II will be the largest ever chemical facility built in one phase.

Photo: Hatim B. Oweida

Young engineer uses award for motivation

JEFF McCOSHEN

For Abdulkareem M. AlSofi, being awarded the Young Engineer of the Year award at the Oil and Gas Middle East (OGME) conference in Abu Dhabi earlier this month serves as the ultimate recognition that his work as a reservoir engineer with the Saudi Aramco EXPEC Advanced Research Center (EXPEC ARC) is not only appreciated but also held in high regard.

"Winning such an award is also a reflection of my EXPEC ARC colleagues and management who have provided such encouraging support and opportunities, without which none of this would have been possible," said AlSofi. "This recognition provides the incentive to keep up the momentum and assures me that hard work is taking me in the right direction."

AlSofi earned the award for his efforts as an active member in the Chemical Enhanced Oil Recovery (C-EOR) and SmartWater Flood research programs with EXPEC ARC's Reservoir Engineering Technology (RET) Division.

"Abdulkareem possesses both a deep academic understanding of the complex physical and chemical process as well as the necessary hands-on experience to tackle the most challenging problems related to surfactant and polymer solutions," said Ming Han, C-EOR



Abdulkareem M. AlSofi

of professional and leadership courses, and most recently, he passed the SPE Certification Exam and attended Saudi Aramco's Prospect Evaluation and Risking course.

Focus Area Champion and AlSofi's mentor.

"Abdulkareem has contributed significantly to reservoir engineering research," said Abdulaziz Al-Kaabi, RET chief technologist. "One of his main contributions is in numerically capturing the physics of complex fluid flow experiments, which is extremely important in technology development."

AlSofi's professional interests extend beyond his research work. He has dedicated himself to various petroleum engineering activities and education opportunities.

He has completed a number of professional and leadership courses, and most recently, he passed the SPE Certification Exam and attended Saudi Aramco's Prospect Evaluation and Risking course.

"In emphasizing talent development, our young professionals are able to benefit from the numerous training resources and involvement provided by Saudi Aramco, and our mentors in EXPEC ARC encourage them in the technical area that challenges and satisfies their individual research aspirations," said Samer AlAshgar, manager of EXPEC ARC. "It is most rewarding that Abdulkareem's dedication and achievements have earned such esteemed industry recognition."

And AlSofi seeks to share the knowledge and experience of his work both inside and outside of Saudi Aramco. In the EOR discipline, AlSofi has had his work published in several venues. Most are peer-reviewed papers in high-level journals, which have been cited and recognized by researchers and engineers around the world.

In addition, he is a technical reviewer for the *Journal of Petroleum Science and Engineering*. In 2013, he co-chaired an SPE EOR conference session. In 2012, AlSofi was a discussion leader at SPE Chemical Flooding Workshop held in Kuala Lumpur. He has had numerous additional achievements prior to this, such as the SPE 2009 Young Professionals Paper Contest awarded during the Annual Technical Conference and Exhibition.

Company wins project, integration awards

The Karan Gas Project, already recognized as a world-class development and winner of several regional and international awards, recently received major awards at the Oil and Gas Middle East (OGME) conference held in Abu Dhabi.

The company was recognized on Oct. 9 as winner of the "Gas Project of the Year" for its work on the Karan project. It also received "Integrated Oil Company of the Year" based on outstanding work it has done in handling such mega-projects as Karan.

Previously, the Karan project was one of 10 finalists for the "Excellence in Project Integration" award at the 2013 International Petroleum Technical Conference in Beijing, China, which brought in more than 4,000 participants.

The Karan Gas Project also won the Best MENA (Middle East North Africa) Oil and Gas Project Award as part of ADIPEC (Abu Dhabi International Petroleum Exhibition & Conference) with

the theme Excellence in Energy 2012. The Best MENA Oil and Gas Project Award recognizes a project that showcases regional innovation through an outstanding original approach.

And looking forward, the project has also been elevated to the second stage for consideration at the 7th edition of the International Petroleum Technology Conference for the "Excellence in Project Integration" award to be held in Doha, Qatar, in 2014.

Meeting the Kingdom's increasing energy demand

The Gas Reservoir Management Department (GRMD), headed by manager Adnan Al-Kanaan, has taken a major leap forward toward delivering sustained non-associated gas production to meet the Kingdom's ever-growing internal consumption.

The gas is used in the energy sector, downstream industry and processing plants, and it replaces the expensive use of that portion

of the crude currently being consumed for domestic purposes.

Through the implementation of multifarious high-end technology in drilling, completion and hydraulic fracturing, along with a dedicated group of engineers and technologists and continuous assistance of various sister departments from drilling, production, facilities, research and gas plants, the overall gas project is overcoming all challenges and proceeding at a formidable pace.

"The amount of workload our engineers are carrying is tremendous, and with their dedicated efforts and best-in-class practices, the new gas discoveries and higher production performances are highly visible today, supporting the economy of Saudi Arabia," said Al-Kanaan. "We maintain a balanced and productive environment in our department, and our professional staff stays happy with the strong support and appreciation they receive from the upper management."

Zillur Rahim, a senior Petroleum Engineering consultant working for GRMD, said: "We are currently tapping into the tight and challenging reservoirs and with the application of novel completion assemblies, multistage hydraulic fracturing processes and state-of-the-art technologies in our fields and reservoirs, Saudi Aramco is marching forward to ensure economic and commercial exploitation of the remaining gas reserves."

Al-Kanaan noted that the Karan Gas Project is one of the most valuable assets of Saudi Arabia's non-associated gas portfolio, providing a substantial potential to the gas supply. "It has outstand-

ing reservoir qualities, and we are carefully putting together the mode of exploitation and optimal reservoir management practices to ensure the highest sustained recovery from this offshore field."

Abdullah Utaibi, the general supervisor of the Offshore Gas Reservoir Management Division under GRMD, is actively involved in the development and optimization of Saudi Arabia's offshore gas assets. He heads a team of engineers to ensure that gas is delivered and the Kingdom's target is met. "Our focus is to produce gas at an optimized rate for a long term to support the internal energy consumption and growing needs," Utaibi said.

Karan nonassociated gas field by the numbers

The Karan gas field, located offshore in the Saudi Arabia Gulf territorial waters, is one of the busiest oil tanker shipping areas in the world and is Saudi Aramco's first offshore non-associated gas development. Starting in 2012, Karan has been capable of producing 2 billion standard cubic feet per day (BSCFD) of gas on five multi-well offshore platforms.

Karan field had already proven to be oil productive in the Arab Formation prior to the discovery in 2006 that targeted the deeper Khuff carbonate gas reservoir. The field development began in May 2008, and first gas of 400 million standard cubic feet per day (MMSCFD) was shipped in July 2011 for 4-1/2 months during the peak demand season, only five years after discovery. The shipment was sent via the high-capacity subsea onshore pipeline to the newly constructed gas processing facilities at Khursaniyah Gas Plant.

In April 2012, two months ahead of the planned start-up, the field began the full planned production totaling 1.8 BSCFD with extra capacity to reach 2 BSCFD. This multi-billion dollar project was initiated to provide a reliable supply of natural gas to meet the Kingdom's increasing energy requirements for both industrial development and domestic power generation.

The Karan Project objective is to provide a continuous fuel source to the downstream industry by displacing more expensive liquid fuel volumes with cheaper and cleaner natural gas.

Karan's economic impact far reaching

The Karan Project has contributed great economic benefit. During the peak construction period, the project created more than 11,000 construction jobs and hundreds of permanent jobs, boosting the local economy. The local work force benefited from training and development. About \$1.8 billion was put into the local economy, with \$500 million of materials procured from domestic markets that significantly contributed to the domestic economy through local sources of procurement.



■ From left, Mike Haas, Dr. Zillur Rahim, Abdulrahman Nutaifi, Adnan Al-Kanaan, Mustafa Basri, Danah Alsana, and Abdullah Utaibi are part of the dedicated team on the Karan Gas Project.



■ Abdullah Utaibi, left, and Adnan Al-Kanaan, pose with the Project of the Year plaque received by Saudi Aramco at the Middle East Oil and Gas Awards.

Top tips to fight breast cancer risk

As part of its ongoing efforts to combat breast cancer, the Saudi Aramco Medical Services Organization's Health Eating Advisory Team and cancercare offers the following tips to reduce the risk of contracting the disease.

Proper nutrition and exercise play important roles in reducing the risks for breast cancer. To reduce breast cancer risks, healthy and well-balanced meals should include the following:

- Nonfat or low-fat dairy products.
- Whole grains, unsweetened cereals and cooked legumes, including beans and lentils as they are rich in fiber.
- A minimum of five servings of fruits and vegetables, preferably fresh and in particular the ones with bright colors, including oranges, sweet melon, watermelon, strawberries, red grapes, green grapes, grapefruits, squash, tomatoes, spinach, cauliflower, cabbage, carrot, green

pepper and broccoli. These provide antioxidants that reduce the risks of breast cancer in addition to other health benefits.

- Lean protein, such as lean meat, fish, tuna and skinless poultry.
- Healthy oils, such as olive oil and canola oil. Healthy oils should be used in moderation.
- Nuts, in particular almonds and walnuts, as they contain anticancer nutrients.
- Some studies recommend consuming soy products, such as soy milk and soybeans, as they have a protective role against breast cancer. Other studies recommended adding curcumin spice to food for the same reason.

Other tips to reduce the risks of breast cancer and other cancers include the following:

- Avoid obesity. Women are advised to maintain a healthy body weight by consuming well-balanced meals and exercising



■ October is Breast Cancer Awareness Month, and one of the best ways to fight the risk of breast cancer is to eat a diet with plenty of fruits and vegetables.

regularly because obesity increases the risk of breast cancer. It is important to limit excessive intake of fats, such as animal fat, butter, ghee, fatty meat, full cream dairy products and fried foods. Steaming, baking or grilling foods is healthier than frying or charcoal grilling. In addition, women who exercise regularly on a daily basis for 30-45 minutes have a lower risk for cancer than those who have a sedentary lifestyle.

- Limit the intake of sugar and refined carbohydrates, such as sweets and sugary and sweetened drinks.
- Vitamin D is important. Vi-

tamin D deficiency increases the risks of breast cancer. Women should consume low-fat or non-fat dairy products that are fortified with vitamin D. Other food sources of vitamin D are egg yolk, salmon fish and fortified cereals. Direct exposure to sunlight for 15 minutes a day is encouraged to meet vitamin D requirements. Exposure to sunlight through glass windows, clothes or after putting sun block creams does not help vitamin D absorption when the sunlight touches their skin.

- Breast-feeding is important. Women who breast-feed their babies have a lower risk for breast cancer than women who

do not breast-feed.

■ Limit foods prepared at high temperatures as high temperature increases the risks of cancer, in particular for meat, fries and fried and breaded dishes that are exposed to high temperatures for a long time.

■ Limit the consumption of burned and charcoal grilled foods.

■ Limit excessive intake of red meat.

■ Limit the intake of canned meat, processed meat, sausages, pickled and smoked foods.

■ Avoid alcohol.

■ Avoid smoking or breathing in secondhand smoke.

SWID recognizes top performers in Knowledge Transfer Program

MATT HORTON

AL-MUBARRAZ — The Sea Water Injection Department (SWID) recently held a recognition luncheon honoring the efforts of the department's Industrial Knowledge Transfer Program (KTP). The luncheon was held at the Mubarraz Industrial Training Center (ITC) and was attended by key stakeholders in the department's Knowledge Transfer Program.

The event was conducted to recognize the efforts exerted by the SWID KTP specialists and participants for reaching high levels of performance. SWID's program surpassed the corporate target of having 35 percent of the program's participants reach the highest skill level (mastery) within two years of the program's implementation in the department.

SWID manager Aali Al-Zahrani opened the event by explaining how around 70 percent of the department's workforce is younger than 30. "This is a significant challenge for our organization," said Al-

Zahrani. "Your efforts in our department's industrial KTP have given us a structured, ongoing way to ensure we have competent manpower."

After the opening speech, Abdullah Mugahwy, SWID KTP champion, and Tariq Al-Amer, supervisor of the Industrial Knowledge Transfer Unit, joined Al-Zahrani on the stage to present awards to high performing participants. The participants were only a fraction of SWID's 208 KTP participants and had shown significant improvement since SWID's program began in 2011.

Next up were SWID's KTP specialists, who are senior employees that SWID entrusted to assess the participants and oversee the closure of critical knowledge gaps. Ricardo Rabang, SWID KTP coordinator, thanked them for their accomplishments and encouraged them to continue their excellent work in the future.

Al-Zahrani closed the event by remarking that he'd seen SWID's younger employees performing more complicated field



Photo: Mahdi Al-Ali/MPD

■ SWID KTP participants and specialists gathered with SWID management.

activities and encouraged the KTP specialists and participants to keep up the good work.

The industrial KTP provides industrial de-

partments with a way to identify and close knowledge and skill gaps and encourages the capture of tacit knowledge.

SAICSC-ACS receives 2013 global innovation award

YUSEF AL-MARZOOQ

The Saudi International Chemical Sciences Chapter of the American Chemical Society (SAICSC-ACS) recently received the 2013 Global Innovation Award from the ACS. The award came in recognition of the chapter's efforts to increase public appreciation of chemistry in meeting people's needs, encourage interest in chemistry among young people, and generate enthusiasm for the creative future of chemistry.

The award, which was launched in 2012 by the ACS Committee on International Activities (IAC), is given to exemplary U.S. and international chapters that generate innovative ideas related to fostering collaborations and partnerships, extending international chemistry education and training, and make

significant development on the worldwide application of chemistry.

The SAICSC-ACS chapter provides its professional members with a platform for networking, supports their professional and personal growth and reflects a positive image of Saudi Arabia in the international arena. The chapter has succeeded in placing its name on the map as a venue for scientific excellence and knowledge sharing through organizing 11 international conferences featuring various themes such as "Chemistry in Industry," "Laboratory Technology" and "Green Industry."

Since its inception in 1988, the chapter has demonstrated strong leadership and a competent professional membership, which has resulted in several success stories,



■ SWID members of the SAICSC-ACS pose for a photo. The organization recently won an international award in recognition of its efforts to promote an appreciation of chemistry.

including the recent recognition of the ACS in U.S.

"I am immensely proud of every member of the SAICSC community who contributed to this remarkable ACS award," said Yousef S. Al-Mar-

zooq, chapter chairman. "Honestly, I can't thank enough the board and society's members for their commitment, passion and perseverance, who see this award as another signatory legacy for the team and a

rich tapestry for the success stories of the chapter. We will make this chapter a success and mark of professional triumph; our achievements are honorable examples for others to follow."

SSD exceeds own lofty patent goals

JEFF MCCOSHEN

DHAHRAN — Saudi Aramco's Simulation Systems Division (SSD) of the Petroleum Engineering Applications Services Department (PEASD) EXPEC Computer Center (ECC) has exceeded its own lofty expectations by filing a total of seven patents already in 2013.

As the main support organization for Reservoir Simulation in Saudi Aramco, with an established mission statement to provide Upstream with an advanced, integrated, intelligent and autonomous simulation environment to effectively manage the company's oil and gas fields, SSD maintains state-of-the-art technologies with the latest capabilities to enable Reservoir Simulation engineers to prepare, construct and analyze multibillion cell reservoir models.

A group of 30 system analysts, SSD also provides advance visualization techniques and business analytics to enable Saudi Aramco engineers to efficiently analyze simulation results, embarking on novel algorithms and methodologies, such as Level-of-Details and Load-on-Demand (similar to the ones used in Google Maps) to visualize multibillion cells interactively.

While filing patents is nothing new for SSD, which released three patents in 2012, division head Dr. Raed Shaikh said the seven released this year — surpassing the group's goal of six — will serve as a benchmark for years to come.

"The specialists who worked on these inventions went the extra mile by spending extra hours of their own time to develop these ideas," said Shaikh. "I believe their hard work and persistence deliver a great message to all other organizations in the company; there is no limit to what those professionals can do and achieve."

The patents are now in the hands of the company's Intellectual Asset Management (IAM) team and Law Department, which review each patent before they are sent off to the U.S. Patent and Trademark Office with the blessing and signature of president and CEO Khalid A. Al-Falih.

While the process is still months away from being finalized, SSD marked the milestone of completing the all-important first step of getting the patents successfully out the door with a recent celebration lunch.

ECC general manager Waleed Al Mulhim says the impressive patent production this year serves as a prime example of ECC



Photo: Stephen L. Brundage/PRD

■ Front row, from left, Dr. Raed Al-Shaikh, SSD administrator, Abdullatif Ghanim, ENOD manager, Waleed Al Mulhim, ECC acting general manager, and Dr. Sami Al-Nuaim, PEASD manager, are joined by the SSD Division professionals (the inventors) for a photo in the midst of a banner year.

in general, and SSD in particular, continuing to fulfill its vision to "empower all Upstream decisions with the power of simulation."

Al Mulhim said ECC is committed to providing world-class service to its customers, noting that its responsibilities for providing a wide range of services ranging from advanced scientific computing technology to solutions that streamline Upstream operations (Exploration and Production) "raise many unique challenges that require innovative and creative solutions. I am proud of the hard work, teamwork and talent these inventors have demonstrated, which has led to this great achievement. ECC will continue its commitment to innovation and its role as a catalyst to help the Upstream transform the way they conduct their business."

One of the pending patents is a state-of-the-art "Simulation Model Data Accuracy Workflow" system developed by the Reservoir Simulation Process Automation (RSPA) team. The unique system assists in improving the quality, enforcing best practices and reducing the turnaround time required for building and conducting reservoir simulation studies.

"RSPA is committed to providing inno-

vative world-class systems that enhance integration between reservoir models stakeholders," said RSPA team leader Dr. Umar Al Nahdi. "In RSPA, we embark on cutting-edge technologies, such as proxy modeling, statistical physics and artificial intelligence to meet our customers' challenges."

Dr. Sami Al Nuaim, manager of PEASD, said the plethora of patents this year is the result of a concentrated effort to make innovation "a key part of our planning to keep us aligned with corporate strategic vision. It is also important to nurture human resources to make them highly technically skilled and provide them with an open and flexible environment that fosters innovation."

Al Nuaim said ongoing innovation is the vehicle used to meet the strategic business challenges associated with supporting large-scale reservoir simulations that ultimately help the company recover more hydrocarbons from the fields.

"Combining SSD/PEASD/ECC innovation with the technologies invented by the EXPEC ARC such as GigaPOWERS, Saudi Aramco engineers now have the capabilities to model and simulate giga cells reser-

voir models using one of the most powerful computing environments in the world," said Al Nuaim.

The Advanced Reservoir Technology team leader, Dr. Ahmed Al-Zawawi, is proud of his team's work in managing and supporting Makman, which is one of the largest HPC supercomputers in the region, ranking 60th among the top 500 most powerful machines worldwide.

"We develop innovative software and algorithms that enable our customers to capitalize on this complex state-of-the-art HPC environment to model and simulate giant reservoir models," said Al-Zawawi. "Our goal is to provide a reliable computing platform and to streamline reservoir simulation workflows so that engineers can build simulation models, perform simulation and analyze results very efficiently."

The complete list of inventors involved in filing the SSD patents this year includes Dr. Raed Al-Shaikh, Badr Al Harbi, Dr. Ahmed Al-Zawawi, Dr. Umar Nahdi, Dr. Ali Al-Turki, Dr. Majdi Baddourah, Dr. Ehtesham Hayder, Santiago Ganis, Ali Taiban, Khalid Nasser, Mohammed Naim, Keyang Dai, Alan Siu and Gustavo Chaves.

Yanbu' NGL Fractionation Department promotes innovation with event

YANBU' — In collaboration with the Engineering Knowledge and Resources Division, the Yanbu' NGL Fractionation Department (YNGLFD) recently conducted an Innovation Awareness Day here in which several departments from the Western Region participated.

The objective of the event was to spread a culture of innovation among Western Region employees, energize the workforce, share knowledge and to increase employees' awareness of innovation at Saudi Aramco.

Shaker Mahrous, Yanbu' NGLFD manager, opened the event by emphasizing the importance of innovation at the company and its desire to support innovators and inventors in various fields.

He was followed by Abdullah Abdullah from the Engineering Knowledge and Resources Division, who delivered a presentation titled "Innovation: What? Why? and How?" Abdullah focused on the concept of innovation, some techniques to motivate the kind of thinking required to innovate and an explanation about why innovation is essential to Saudi Aramco's growth and prosperity.

The presenter then delivered a "walk-through" session on the new version of the Idea Management System, demonstrating its features and functionalities. He concluded the event with a creativity workshop where several questions were posed to participants in an effort to get them to think out of the box. The session also helped demonstrate several power techniques used to solve complicated problems.



■ Employees from throughout the Western Region participate in an Innovation Awareness Day in Yanbu'. The daylong event was designed to motivate the kind of thinking required to innovate.

You've never seen
it before..



The History of
Muslim Scholars
with Ibn
Al-Haitham



Art &
Creativity with
Picasso



Traffic Safety
Village



Energy
Without Waste



Children's Art
Contest



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International
Shows

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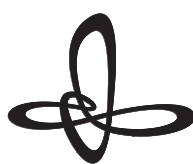
Coming Soon!!

The Stars of
WiFi

The Smurfs



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المعرفة
برنامج أرامكو السعودية
للإثراء المعرفي



مركز الملك عبد العزيز
الثقافي العالمي
King Abdulaziz Center

إرامكو السعودية
Saudi Aramco

Marveling at the beautiful scenes of Salalah

OMAN



Photos: Julz Hall

■ As with this view overlooking the Arabian Sea in Oman, the Dhofar region has plenty to offer in scenic views, but there is plenty of history to be visited as well.

Located on the Southwestern most tip of Oman in the Dhofar region, Salalah welcomes visitors with Hawaii-like breezes blowing through coconut and banana plantations. Hawaii-like breezes? Coconut palms? Banana plants? In the Middle East?!?

JESSICA WEIRMIER

SALALAH — It comes down to geography. Salalah has three mountain ranges — meeting in a bowl shape near the Arabian Sea — that capture five months of monsoon rains that skirt across the Arabian Sea from its Indian origins. This rainy season is called the Khareef, and it's a time of festivals and celebration in Salalah.

This is the only place you'll find camel herds grazing in lush, green valleys and grasslands.

It is because of this geographical location that the Omanis thrived as a civilization through the centuries from the cultivation of frankincense. To look at it, the small, gnarled, bush-like tree doesn't

seem like something that caused empires to rise and fall over the millennia. But it did. The tree thrives because it grows very well where Oman's rainy season mists meet the vast desert landscape. Salalah produces some of the world's best quality product.

To harvest frankincense, the bark is scraped off, allowing the tree's sap to flow from the trunk. After a few days, the sap hardens and is ready for harvest. Oman's frankincense was traded throughout the world; it traveled to the Mediterranean, the Arabian Peninsula, Madagascar, the Horn of Africa, south-eastern Africa, India, southern Asia and into China.

The final days of Khareef fell during the Saudi long weekend in September, and a group of Arabian Natural History Association (ANHA) members traveled to Salalah to explore the region's rich history and lush spectacular scenery. Being the tail end of the rainy season, the days started out mostly overcast but stayed dry and ended in beautiful sunshine.

Salalah's tourism industry is growing by leaps and bounds. A large shopping center recently opened, complete with a Carrefour grocery and popular fashion outlets. Salalah is a popular port stop as cruise ships travel between India and the Suez Canal. To accommodate Salalah's growing tourist trade, a number of airlines are including the region in their offerings. For example, Qatar Airways has a direct Salalah flight from Doha that began over the summer, and an increasing number of European airlines are includ-



■ Camels graze in the lush grasslands of Wadi Darbat, Salalah, in Oman.

ing Salalah in their flight itineraries, too. Oman Air flies to Salalah via Muscat Airport, connecting from both Dammam and Bahrain.

The ANHA tour group explored the grounds of the Sultan's Palace, the towering heights of Taqah Cliff, the stunning greenery in Wadi Darbat and the archeological ruins of Sumhuram.

With so much rain, natural springs abound throughout Salalah. One such spring, Ayn Razat, provides local plantations with much-needed water through the dry months when the monsoon season is over. The tour included a visit to Taqah Castle, a 200-year-old fortress that was originally built for Sheikh Ali bin Timman Al-Ma'ashani to protect the region's frankincense trade. By the mid-1900s, the castle became the official residence of whoever was the current Walis (governor). Taqah Castle was where the Walis would meet diplomats, dignitaries, settle local disputes and generally govern the Dhofar region.

From the Taqah Castle, our tour continued east to Mirbat for a tour of Bin Ali's tomb (he was a scholar), and a fantastic al fresco seafood lunch on the

beach within earshot of the local fishermen off-loading fresh-caught tuna and sharks down on the docks.

The tour took us to Al Mughsayl Beach, which is renowned for its rugged coastline, complete with a blowhole. From there, the tour continued west into the mountainous region bordering Yemen. A spectacular cliff side view of the Arabian Sea awaited the group after an impressive switchback drive up and over Jabal Al Qamar.

The return drive included a stop at a frankincense tree.

After seeing a live tree, the tour stopped at the Land of Frankincense Museum at the Al Baleed historical port ruins. This was the place where, in ancient times, sacks filled with the spicy incense were loaded onto ships for trade with far off lands. After the museum visit, we loaded onto our tour bus and headed for the hills where Job's tomb is located.

ANHA is a self-directed group. It is nearing 50 years in Dhahran. Meetings are held monthly in the Ad-Diwan Building. ANHA trips occur about twice a year. For more info, email anha.dhahran@gmail.com.



■ A local harvests frankincense with help from a young assistant.

Movies

DHAHRAN

TURBO, (animated, PG) – Oct. 31 and Nov. 2, 5:30 p.m.; Nov. 1, 8 p.m.
DIANA, starring Naomi Watts (biography, PG-13) – Oct. 31 and Nov. 2, 8 p.m.; Nov. 1, 5:30 p.m.
NOW YOU SEE ME, starring Jesse Eisenberg, Common, Mark Ruffalo (adventure, PG-13) – Nov. 6, 5:30 p.m.; Nov. 7, 8 p.m.
THE INCREDIBLE BURT WONDERSTONE, starring Steve Carell, Steve Buscemi (comedy, PG-13) – Nov. 6, 8 p.m.; Nov. 7, 5:30 p.m.

UDHAILIYAH

PERCY JACKSON, starring Logan Lerman, Brandon T. Jackson (adventure, PG) – Oct. 31 and Nov. 2, 5 p.m.; Nov. 1, 8 p.m.
TOM WA JIMMY, (Arabic comedy) – Oct. 31 and Nov. 2, 8 p.m.; Nov. 1, 5 p.m.
TURBO, (animated, PG) –

Nov. 3 and 7, 5 p.m.; Nov. 6, 8 p.m.
DIANA, (biography, PG-13) – Nov. 3 and 7, 8 p.m.; Nov. 6, 5 p.m.

ABQAIQ

QUARTET, starring Maggie Smith, Michael Gambon (drama, PG-13) – Oct. 31 and Nov. 2, 5 and 7:30 p.m.
JACK THE GIANT SLAYER, starring Nicholas Hoult, Stanley Tucci (animated, PG-13) – Nov. 1, 5 and 7:30 p.m.
PERCY JACKSON, (adventure, PG) – Nov. 6, 5 and 7:30 p.m.
TOM WA JIMMY, (Arabic comedy) – Nov. 3 and 7, 5 and 7:30 p.m.

NAJMA

WRECK IT RALPH, (animated, PG) – Oct. 31 and Nov. 2, 4:45 and 7:30 p.m.
RISE OF THE GUARDIANS, (animated, PG) – Nov. 1, 4:45 and 7:30 p.m.
QUARTET, (drama, PG-13) – Nov. 6, 4:45 and 7:30 p.m.
JACK THE GIANT SLAYER, (animated, PG-13) – Nov. 7, 4:45 and 7:30 p.m.

THE INCREDIBLE BURT WONDERSTONE: When a street magician’s stunts begin to make their show look stale, superstar magicians Burt Wonderstone and Anton Marvelton look to salvage their act — and their friendship — by staging their own daring stunt.
NOW YOU SEE ME: An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances and reward their audiences with the money.
PERCY JACKSON: To restore their dying safe haven, the son of Poseidon and his friend embark on a quest while trying to stop an ancient evil from rising.

Sudoku

Easy
Each row, column and 3-by-3 square must contain only one of each digit, from 1-9.

Last week’s answer

1	8	4	6	2	5	9	7	3
7	6	5	8	9	3	2	4	1
9	2	3	4	7	1	6	5	8
8	9	7	3	4	2	5	1	6
4	3	6	5	1	9	7	8	2
5	1	2	7	6	8	3	9	4
6	4	1	9	3	7	8	2	5
2	5	9	1	8	6	4	3	7
3	7	8	2	5	4	1	6	9

(C) yoogi.

Crossword answer

Crossword answer

A	D	D	I	C	T	A	S	H	E	D	E	B	E	L	B	A
M	U	U	M	U	I	T	E	M	S	A	V	A	N	E	E	D
P	A	P	E	R	S	P	L	E	A	S	E	R	E	D	S	C
S	L	E	D	C	E	S	A	R	I	M	I	N	H	E	A	V
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D	A	R	W	I	N	I	S	T	U	S	B	I	R	E		
I	L	O	V	E	Y	O	U	H	O	N	E	Y	T	R	A	G
P	I	M	A	S	D	R	Y	R	O	T	S	O	D	T	O	T
S	K	A	S	F	O	A	M	A	R	E	T	T	O			
Y	E	N	T	E	G	E	T	O	F	F	O	F	M	Y	C	L
R	O	S	R	M	S						V	I	L	P	C	B
Y	O	U	R	P	L	A	C	E	O	R	M	I	N	E	T	O
U	N	I	O	N	I	Z	E				T	A	T			
G	U	N	S	T	I	E	Z	E	N	I	T	H	D	A	F	F
O	S	S	A	T	E	K	I	S	S	M	E	Y	O	U	F	O
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Y	O	U	R	E	F	I	R	E	D	B	R	I	E	R	U	C
A	L	T	E	R	E	G	O	T	H	A	T	S	N	O	T	F
D	O	C	S	E	O	N	S	A	T	A	N	S	H	O	R	T
A	S	H	Y	T	R	Y	M	E	L	T	O	U	S	T	E	D

Crossword

CATCHING SOME Z'S

By ED SESSA ACROSS
1 Cry from the heartbroken
5 All-in-one Apple
9 Masterful, pitching-wise
14 92-Across newbie
19 Bits of fibrous fuzz
20 Second ballot, often
22 Marathoner, e.g.
23 Dole (out)
24 Really big hangover?
26 Bond film title beginning
28 Title for Lancelot
29 Blow-ups
30 Video file format
32 Online read, for short
35 Nada, to Nanette
36 Mythical siren's boast?
42 Demolition material
45 Rain delay result
46 Prefix with scope
47 In ___ of: replacing
48 NYC subway
49 Better part of a loaf?
50 Couch potato's preparations?
54 George Smiley portrayer Guinness
56 Rihanna song title meaning "I love you"
58 Nicholas II's consort
59 Florida's "Blue Monster" golf course
61 Museum gift shop offering, briefly
64 Loser to DDE
65 Balaam's mount
66 North Pole resident's motto?
72 Toon Chihuahua
75 Crab eater's neckwear
76 Treat with disdain
77 Belarusian bread
81 Whatever the price
85 Nasal airways
88 Unlike fiction
89 "You might wanna clean your glasses?"
92 Annapolis inst.
94 Wheel spinner's purchase
95 Foot segment
96 Aviation prefix
97 Valedictorians, e.g.
99 Alley-___ pass: hoops play
100 Harvest time in the Corn Belt?
104 Prescription indication

105 List catchall
106 Mardi Gras, for one
107 Caddies of old
112 Yak
114 Big name in bookselling
117 "L, XL, XXL — who cares?"
122 Bigheaded
123 Debussy contemporary
124 Steinbeck novel set in the Salinas Valley
125 Iberian river
126 Nixon fundraiser Maurice
127 Path to a wedding
128 Posted
129 Breads for Reubens
DOWN
1 ___mater
2 Actor Schreiber
3 Part of Enterprise's power source
4 Peeling place
5 CPA's recommendation
6 Strong java
7 Santa ___:
8 Like the best fireplace fire
9 Org. with Bucs and Broncos
10 Duct opening?
11 Manipulate, as statistics, with "up"
12 Old Roman way
13 Teacher's security
14 President ___
15 Language of many a motto
16 It's repetitive
17 "Someone's ___ sleeping in my bed"
18 Slips
21 1938 Physics Nobel
25 Role for Ronny
27 Llanfairpwll
citizens
31 Imply
33 Nick and Nora's

dog
34 "Shoot"
36 24-part epic
37 "Two Women" producer Ponti
38 Like all bucks and some broncos
39 Line for 33-Down
40 Intestinal parts
41 Enthusiasm
42 Oscar winner Swinton of "Michael Clayton"
43 Approaches
44 Albacore and ahi
47 Hosp. worker
50 Easy strides
51 Sport
52 Felled in the forest before Mahmoud
55 "Iron man" Ripken
57 Sea, overseas
60 Tripoli's country
62 R&R component: Abbr.
63 One of the greenhouse gases

67 One of a Caesarean trio
68 Poet's deep black
69 Reagan ___
70 Torrent
71 Aus. setting
72 9 to 5, e.g.
73 Prefix with botany
74 Rights gp. since 1909
78 Collectible stuffed animal
79 Woody Woodpecker's creator
80 Beethoven's "Für ___"
82 Degree in math
83 Guide to Bethlehem
84 "___ are the we of me": McCullers
86 Juan's "this"
87 Put (out)
90 Weapon for Napoleon
91 ___ suit: '40s apparel
93 Commercial

developers
97 They have legends
98 Dine next door, say
100 Honeycomb-like fungi
101 Morales of "NYPD Blue"
102 Exodus obstacle
103 City south of Baghdad
104 Pair of sixes
107 Hammer sites
108 Future jurist's exam, for short
109 Prima donna
110 California home of the Bionic Woman
111 Figure (out)
113 Like EE shoes
115 Old Pisa dough
116 Slaughter in the field
118 Letters for baseball's Cards
119 Kid's piggy
120 Buddhism sect
121 Tonsillectomy
MD

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
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107	108	109					110	111		112		113			114		115
117									118	119				120	121		122
123						124											125
126						127						128					129



Photo: Photo archive

Horses have been an important part of Arabian culture for millennia, so it was a natural when residential camps developed around oil operations turned to horses for recreation. Here, a woman gallops her horse at the Hobby Farm in Dhahran in January 1964. The company and horses came together in 1940. Local police were using the animals to patrol the oil facilities, and S.F. Furman, who was in charge of a small farm raising food for employees, was asked to care for an injured steed.

Thousands celebrate in Abqaiq

RONALD MATEMA
ABQAIQ — Thousands of Saudi Aramco employees and their families flocked to Abqaiq over 'Id al-Adha to take part in celebrations hosted by the Abqaiq Recreation Services Unit (ARSU). This year's event, which took place Oct. 17-19, attracted a total of 4,480 people.

Even before the celebrations began, ARSU got into 'Id holiday, distributing more than 2,000 chocolates to Abqaiq residents and staff members.

Deer Park extravaganza
Omar Ghazi, manager of the Southern Area/Central Region Community Services Department (SA/CR CSD), was joined by his family as he helped kick off the festivities on Oct. 17 at Deer Park.

Also accompanied by Mohammed Al-Hajri, administrator of the Abqaiq Residential and Recreation Services Division, and Ali Marzouq, ARSU supervisor. Ghazi and his team toured the park, greeting everyone along the way and stopping to enjoy a conversation with a bread maker who was serving freshly baked Saudi bread.

Ramzi BuGubaia, assistant to the vice president of South-

ern Area Oil Operations, was on hand to absorb the joyous atmosphere. By 7 p.m., the park was bustling with more than 600 visitors, young and old, Muslims and non-Muslims, all enjoying the blend of religion, culture, education and entertainment.

Deer Park was colorfully decorated with two large stages, each facing the other and flanked by bouncy castles, booths and various games for families and children to enjoy. One stage catered mainly to youngsters, who actively participated in a variety of games under the direction of an engaging emcee and also collected prizes at the end of each game.

About 200 meters away, the second stage catered mainly to adults, with live entertainment providing traditional music and performances bringing enthusiastic applause from the audience. Meanwhile, near the soccer field, children queued for camel and horse rides.

Water safety
As part of the ARSU's ongoing safety program, a Water Safety Workshop was set up with strategically situated male and female tents, each featuring three interactive how-to mod-



Photo: Abdulaziz Al-Moaiweed/MPD

ules: how to treat a cut to the foot, how to place an unconscious casualty in the recovery position and how to perform basic CPR on a child.

Over the three-day period, the safety workshops attracted more than 800 visitors, and as an added incentive, those participants who successfully demonstrated their competency in the correct techniques received a gift. Also, a Water Safety Exhibition displaying basic water safety rules along with informative water safety handouts, and a compilation of water safety vid-

eos were shown. The feedback received from participants confirmed that it was a great success.

Qurayyah Beach spectacular
Just as the celebration was coming to a close in Abqaiq, preparations at Qurayyah Beach were gearing up for Day 2, with the celebrations moving to the Qurayyah Beach GC 11+ facilities on Oct. 18 and finally to the Qurayyah Beach GC 3-10 facilities on Oct. 19. To imagine the proceedings at Qurayyah Beach on Day 2, simply picture every-

thing that happened in Abqaiq doubled or tripled. The stages were positioned in such a way that the audience overlooked the beach; the crowd was well in excess of 1,000. Families continued their celebrations with more festivities, eating, playing games, participating in safety workshops, and enjoying camel and horse rides.

The Abqaiq community's three-day 'Id al-Adha celebration was the biggest in recent memory thanks to the tremendous efforts of the ARSU management and staff.

Bulletin Board

Dhahran Oasis Quilt Guild: The program for Nov. 4 and 5 is Small Projects. A small project will be presented upon which to work. The Guild's Annual General Meeting will be held Tuesday evening, Nov. 5. If you are a quilter or are interested in learning the art of quilting, join us at the quilt house on Mondays from 1-3 p.m. or Tuesdays from 5:30-7 p.m. All skill levels are welcome. For more info, email doqgclasses@hotmail.com.

Sports
Dhahran Road Runners Club (DRRC): The DRRC is sponsoring a triathlon, (500 meter swim, 20 km bike and 5 km run) on Friday, Nov. 1. A short course event (250 meter swim, 5 km bike and 1 km run) will be held at the same time for those ages 15 and younger. Registration will be in the Hills Pool parking lot on Riyadh Boulevard between 6:45 and 7:10 a.m. The event will be open to individuals or teams and will start at the Dhahran Hills Pool at 7:30 a.m. The entry fee will be SR50 per person for individual and team entrants. All competitors will receive a free T-shirt. Entry forms are available by email from Trevor Lewis, trevor.lewis.1@aramco.com.

Dhahran Tai Chi Group: Traditional "Yang Style Tai Chi Quan — Old Six Sets" Seminar: Morning Seminar — Nov. 9-20 at Al-Waha South; 8-10:30 a.m. weekdays (but not Mondays) and 2:30-5:30 p.m. Saturdays. Evening Seminar Nov. 9-20 at Al-Waha South at Ad-Diwan; 5:30-8 p.m. weekdays (but not Thursday) and 2:30-5:30 p.m. Saturdays. Both seminars will be instructed by Master Li Cong and Master Sun Chaobo from Beijing, China. No prerequisites needed. Fee: SR1,200 for DTCG members. **Hanna Somatics Training Class:** Nov. 25-Dec. 11 (6 sessions) at Returning Student Center (across from Al-Waha North), 5-6:30 p.m. Monday and Wednesdays. No pre-requisites needed. Fee: SR240 for DTCG members. **Morning Beginner Class Yang Style 10 Forms:** Nov. 25-Dec. 11 (6 sessions) at Al-Waha South, 8:30-10 a.m. Monday and Wednesdays. No pre-requisites needed. Fee: SR180 for DTCG members. An additional SR100 membership fee for nonmembers is applied for all above courses. Email dhahrantaiichi@yahoo.com for more info.

Dhahran Football League: American-style flag football, grades 2-9, registration will be Nov. 2 from 12:30-1 p.m. at

Hisyan Soccer Fields, where all games will be played. League dates are Nov. 2, 9, 16, 23 and 30; Dec. 7 and 15; Jan. 18 and 25; and Feb. 1, 8 and 15. Grades 2-5 play 1-3 p.m. on Fridays. Grades 6-9 play 3-5 p.m. on Fridays. For info, email neil.wilkey.1@aramco.com.

Medical/SAMSO
To comment on this information, issued by Medical, please email Jacqueline.Mullen@aramco.com. Telephone contacts have been provided below, where possible, for dependents and retirees.

Employees are encouraged to access medical information online:

- myhome Corporate Portal: <http://myhome> > my information > Medical
- Calendar of SAMSO Events: <http://samso> > Health Education > Calendar of SAMSO Events > Campaigns / Lectures and Webinars / Programs for more information or to register for activities.
- News from Medical online: <http://samso> > Announcements: What's New in SAMSO.
- **well family 2020 conference:** Nov. 8 and 9. Saudi Aramco employees and their family should attend the conference and meet soccer players Saud Kariri and Mohammad Al Shalhoub for a chance to win fabulous prizes and learn more about a wellness lifestyle.
- Quit Smoking! SAMSO offers help to all employees, dependents, retirees and contractors to quit smoking. For info, visit <http://samso> > Health Education > Smoking Cessation Program (quitwell) or email us at SmokingCessation@aramco.com.

Safety Message: Flu can be a serious health risk. Protect yourself — and those around you — by getting a flu vaccine this season.

SAMSO registered patients for All Areas

- **Appointments:** Make, cancel and more medical services on the Corporate Portal <http://myhome> > myInformation > Medical to make and cancel appointments, access medication information (process refills; request refills; renewal prescription from physicians; check request status; and access drug information); change medical providers; access the latest recorded results for cholesterol, blood glucose levels, hemoglobin levels; obtain immunizations records and blood group certificates; release of medical information; no-show history; dental bill; and maintain SMS reminders details. (SMS reminders are sent 48 hours in advance of the appointment date to all patients registered for the service who booked an appointment 48 hours or more before the appointment date.)
- **Centralized Contact Center:** To access multiple medical services call 800-

305-4444. Select 1 for English or 2 for Arabic, and when prompted, press 1 to make and cancel appointments, select or change your physical, 2 for Pharmacy, 3 for Medical Customer Service Network (MCSN), four for Medical Liaison Office, 5 for Health-line (2-3 minute health related prerecorded messages in 33 categories), or 6 for a patient room. If you do not make a choice after three attempts, you will be put through to a customer service representative. The automated service is available 24 hours a day, seven days a week. Customer service representatives are available during working hours. This service also allows customers to update their contact information as well as leave physician consultation messages. Out-of-Kingdom call +966-13-877-3888. The system will connect directly to the SAMSO Centralized Contact Center so that the caller can select their options.

- **Dental appointments:** Employees can now make appointments online at <http://myhome> > myInformation > Medical > Medical Appointments > book a dental appointment. Dependents call 800-305-444 for an appointment.
- **Feeling Stressed?** Have psychological, emotional, or social problems that you need help with? SAMSO registered patients contact the Community Counseling Clinic (CCC) at 13-877-8400 during regular working hours to make a confidential appointment in Dhahran. Employees can view <http://samso> > A-Z Services > Mental Health website for more information on services offered.
- **Flu vaccinations** are available from Sunday to Thursday through Tuesday, Dec. 31, 7:30 a.m. to 2 p.m. in all areas. No appointment necessary.
- **Help with your health care:** MCSN provides multilingual staff to assist Saudi Aramco patients with their health care related concerns and issues. Employees who are unable to find a resolution through normal channels may contact MCSN online <http://samso> > A-Z Services > MCSN. Dependents and retirees can email MCSN@aramco.com or call: In-Kingdom 800-305-4444, out-of-Kingdom +966-13-877-3888.
- **SMS Reminder:** Never miss a medical/dental appointment again. Register for the SMS reminder service. Update your mobile number on the Corporate Portal at <http://myhome> > myInformation > Medical > "Maintain SMS Reminder Details." Dependents may call the Central Registration Office at 877-3888 to activate or deactivate the SMS reminder services and update a mobile number.

Medical Designated Facilities Department (MDFD) Registered Patients:

- **For flu vaccinations:** Enquire at your MDF about flu immunization.

- **Help with your health care:** MCSN provides multilingual staff to assist Saudi Aramco patients with their healthcare related concerns and issues. Employees who are unable to find a resolution through normal channels may contact MCSN online <http://samso> > A-Z Services > MCSN. Dependents and retirees can email MCSN@aramco.com or call: In-Kingdom 800-305-4444, out-of-Kingdom +966-13-877-3888. MCSN also provide the **Urgent Health Care Access Help Line for MDF Patients.** Call 055-600-0468. Available only after 4 p.m. for urgent health care matters that are life threatening, (e.g., where a patient needs a transfer from one hospital to another hospital for an emergency procedure or service that the MDF hospital does not provide). When an issue is not urgent, please call 800-305-4444.
- **Make a medical, dental or mental health appointment:** View the MDF list of contacts and website links on <http://samso> > Hospitals and Clinics Contacts > MDF.

Abqaiq

- **Campaign:** "Pharmacy Awareness Week" 9 a.m.-2 p.m. Nov. 21 at Abqaiq Health Center.
- **Flu vaccinations** are available from Sunday to Thursday beginning Monday, Oct. 21 and concluding on Tuesday, Dec. 31, 7:30 a.m. to 2 p.m. in the Primary Care Immunization Room. No appointment necessary.

Al-Hasa

- **Campaign:** "Pharmacy Awareness Week" 9 a.m.-2 p.m. Nov. 21 at Al-Hasa Health Center.
- **Dental:** Patients from al-Hasa should go to Abqaiq or 'Udhailiyah dental clinics.
- **Flu vaccinations** are available from Sunday to Thursday beginning Monday, Oct. 21 and concluding on Tuesday, Dec. 31, 7:30 a.m. to 2 p.m. in the Primary Care Immunization Room. No appointment necessary.

Dhahran

- **Blood Bank** is accepting blood donations from 7 a.m.-2 p.m. Sundays to Thursdays. To register, call the Blood Bank at 13-877-6770/6638 during regular working hours or register online <http://samso> > A-Z Services > Blood donation.
- **Campaign:** "Pharmacy Awareness Week" 9 a.m.-2 p.m. Nov. 17 and 18 at Dhahran Primary Care (Building 50) and Nvo. 20 at Al-Midra Tower.
- **Campaign:** "Diabetes and Obesity Awareness Campaign" 9 a.m.-2 p.m. Nov. 5 at Dhahran Primary Care (Building 50) and Nov. 6 at Al-Midra Tower.
- **MCSN:** Contact us with your healthcare related concerns, call 800-305-4444. MCSN drop-in Offices: Dhahran Health Center, Building 61 (Specialty area) and Building 50 (Primary Care) 7 a.m.-4 p.m.,

Sunday to Thursday. MCSN in EMS is operational after Saudi Aramco regular working hours and is for emergency cases only.

- **Pregnancy Tour the Mother and Baby Unit (3H):** The tour is designed to prepare for the delivery of your child. You must be 30 weeks or more into your pregnancy. Tour starts at 1 p.m. on the first and third Tuesday of the month. Employees please register online at <http://samso> > Calendar of SAMSO Events > Programs > Tour of Mother and Baby Unit. Dependents please email nesreen.fares@aramco.com to register your place.
- **Pregnancy Wellness Program:** In Arabic and English (you must be 12 weeks or more into pregnancy), employees register online at <http://SAMSO> > Health Education > Calendar of SAMSO Events > Programs > Pregnancy Wellness Program. Dependents email SAMSOpregnancywellness@exchange.aramco.com.sa.
- **Flu vaccinations** are available from Sunday to Thursday concluding on Tuesday, Dec. 31, 7:30 a.m. to 2 p.m. in the Primary Care Adult Immunization Room. No appointment necessary.

Ras Tanura

- **Campaign:** "Pharmacy Awareness Week" 9 a.m.-2 p.m. Nov. 21 at Ras Tanura Health Center.
- **Flu vaccinations** are available from Sunday to Thursday concluding on Tuesday, Dec. 31, 7:30 a.m. to 2 p.m. in the Primary Care Adult Immunization Room. No appointment necessary.

'Udhailiyah

- **Flu vaccinations** are available from Sunday to Thursday concluding on Tuesday, Dec. 31, 7:30 a.m. to 2 p.m. in the Primary Care Adult Immunization Room. No appointment necessary.

SAEA

Tickets currently on sale for: Coach to Bahrain's City Center every Saturday, An Evening at the Movies, Sparky's Entertainment Center, Al Rashid Entertainment Center, RamRoma Land at Venecia Mall in al-Khobar and Marina Mall in Dammam, Lost Paradise of Dilmun Water Park in Bahrain. Tickets are on sale for the following: "Discover Arabia — Riyadh" (Dec. 5-7); Madrigal Dinner (Dec. 5 and 6); U.K. Chuckle Club (Nov. 8); Ladies Only Trip to Dammam (Nov. 23); Dec. 31 in Bahrain at the Crowne Plaza. Download the SAEA Dateline newsletter at <http://sharek.orgs/30002961/Self%20Directed%20Group/Documents/Dhahran/Special%20Interest%20Groups/SAEA/dateline.pdf>. The SAEA office at 1424 King's Road is open for ticket sales 3-5 p.m. Sunday through Thursday. For more information on the above events, contact the SAEA office at 872-0117.



Scenes from Salalah

From the high mountains to the beautiful coastline, Oman is a treasure awaiting travelers.

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SA LIFE

CrossFit comes to Ras Tanura



■ From weight lifting to jump squats to hand-eye coordination, the new CrossFit facility is geared for conditioning.

ABDULLAH ALSAFI

RAS TANURA — A new kind of physical fitness class has taken off in just a few short weeks as the Ras Tanura community now plays host to the Kingdom's first "CrossFit" facility and program.

With 23 new members and growing, the unique fitness program has drawn strong interest after its initial opening in Building 1010 in September. The strength and conditioning program, designed to help people gain a broad and general fitness, combines flexibility, aerobics and a strenuous weight training component.

Steven Mironchik, a Saudi Aramco Aviation Department captain and one of the founders of the Ras Tanura CrossFit facility, says that without the help of local officials, the dream of bringing the program here would never have been realized.

"This is a dream I've had for a couple of years," said Mironchik. "To be honest, CrossFit was the obvious choice, but without Khalid Qoraish, the (superintendent of Ras Tanura Recreation and Residential Services), it would still be just that — a dream. I can't thank him enough for his support and skills in making this happen."

Mironchik, a retired Navy senior chief diver who spent 12 years with U.S. Naval Special Forces Group, has a unique appreciation for the importance of physical fitness. "I've seen it be the difference between life and death."



Photos: Briido Alccayde/MPD

■ The primary forces in bringing the new CrossFit box facility to Ras Tanura include, from left, Ali Shahrani, Roland Lundberg, Steven Mironchik, Khalid Qoraish and Abdulaziz Misfer.

Mironchik says. "Even in a nonmilitary setting like this, being able to maintain a high level of fitness can lengthen a life, not to mention allow you to enjoy it more."

Mironchik's partner in the project, Roland Lundberg, is also a Saudi Aramco Aviation Department captain. A former martial arts instructor and personal trainer, he started his CrossFit workouts just one year ago. He was so struck by how much it helped his fitness that he quickly teamed up with Mironchik to start a program in Ras

Tanura. "Steve didn't hesitate. He jumped right in, and now, we're off and running," Lundberg says.

The two men also said the efforts of Abdulaziz Misfer (manager of the NAWR Community Services Department), Raymond Dunne, Abdulaziz Buainain, Andrew Pascoe, Desiree Guindi and Asa Backland-Reed were all instrumental in getting the necessary approvals to open the facility.

Currently, there is one CrossFit session daily. The "workout of the day," or "WOD," is conducted dai-

ly at 6 p.m., with a special session called "On-Ramp" every Saturday at 11 a.m. for beginners.

Mironchik noted that as more trainers and athletes are attracted to the program, he plans to expand to one more daily morning WOD. The price is SR20 per CrossFit WOD.

For more information, visit www.crossfitrt.com to sign up for the daily WOD. To learn more about your the CrossFit experience, visit the CrossFit Ras Tanura Facebook page.



Photo: Chino Rous

Readers Album

Nature's power and beauty

■ Chino Rous captured this image of Taal Volcano, the smallest and most active volcano in the Philippines, two years ago during his trip to Tagaytay City south of Manila. The city overlooks the famous Taal Lake and volcano and is surrounded by the nearby city and provinces of Cavite and Batangas, all in Luzon Island in the Philippines. Rous used an 18-135mm lens on his Nikon D80 to take the photo. Rous lives at Al Munirah and works for the company's Aviation Department as a technical publication librarian for Aircraft Maintenance. He has worked for the company for 21 years.